

THE CHINOOK ADVANCE

Vol. 22

Chinook, Alberta. Thursday, Sept. 28th 1944



LOCAL NEWS

Bob Proudfoot left this week for Edmonton, where he will attend the University.

Bryan Targett left Wednesday night for Calgary where he will attend Strathcona School.

Mrs. Brown of Turner Valley who has been visiting at the home of her sister, Mrs. Wilson returned Wednesday.

Mr. H. D. Connor and son, Dudley, left Tuesday night for Red Deer where Dudley will attend Latheran College.

Miss Jessie Schmidt accepted a position as teacher in the Ponoka district.

Please remember the Red Cross Dance Oct. 13th. Please keep this date open.

Mrs. Lynda Cox and two children of Lacombe are visiting with her parents, Mr. and Mrs. Weiss.

Men Women Over 40 Feel Weak, Worn, Old?

Want Normal Pep, Vim, Vitality? ...

SCHOOL OPENS MONDAY OCT. 2

Will all those with names and addresses of Local boys serving with the forces overseas kindly give them in to Mr. Warren or myself as Christmas parcels should go forward very soon. Collection sheets are out. under the auspices of the Red Cross. Will those who can kindly contribute toward this.

E. H. Targett

Mr. A. and Mr. G. Aitken of Vancouver, who have been visiting for some weeks with their two son, Geo and Jas of Chinook, left Monday for their home.

Mr. and Mrs. G. Hutchison and son, Bruce and Gordon Couits returned last week end to Estan, Sask. where they visited at the home of Mrs. Hutchison's brother.

Beverley Nicholson who has been spending a vacation with her grand mother, Mrs. M. C. Nicholson, returned to her home in Oyen.

Mr. W. Watson, was a Calgary visitor this week, returning Thursday.

Mrs. Shiplette was a Hanna visitor Tuesday.

NATIONAL WAR FINANCE COM.

"The objective for the Province of Alberta for the Seventh Victory Loan, the campaign for which opens on October 23rd, has been set at 43,300,000.00," said Fred E. Osborne, Chairman of the National War Finance Committee for the Province of Alberta, in an interview today. The objective in the Fifth and Sixth Loans was 37,000,000.00 in each case, the new objective representing an increase of approximately twenty-five per cent in the General Sales and Payroll Sections, and making the Seventh Victory Loan the largest financial undertaking ever accepted in this Province.

Asked to outline the reasons for this heavy increase, Mr. Osborne said that in previous Loans, the major requirements were for the training of personnel and providing a backlog of ammunition and supplies. Since "D" Day, however, the Armies of Canada have been engaged in actual combat, a much more costly phase of war than the preparation period. The demolition of supplies under such conditions is terrific and demands continuous flow from factory to front, from boat to beachhead, from beachhead to the front line. Only by having too much can there be enough, to guard against exceptional pressure at unexpected points.

Mr. Osborne did not believe that the collapse of Germany (would at all lessen the need) for the greater financial effort for which Canadians are capable. Should chaos break out in Germany, an immense army of occupation would be required, and former enemy countries would have to be similarly patrolled. But the main reason was that the end of the European phase of the war would immediately see intensification of the war in the Pacific, beginning with the transportation of millions of men, and like wise millions of tons of equipment and supplies half way around the world. Any feeling of complacency at this time due to the European situation would be most detrimental to our war effort, and, if given effect to, would undoubtedly unnecessarily prolong the war.

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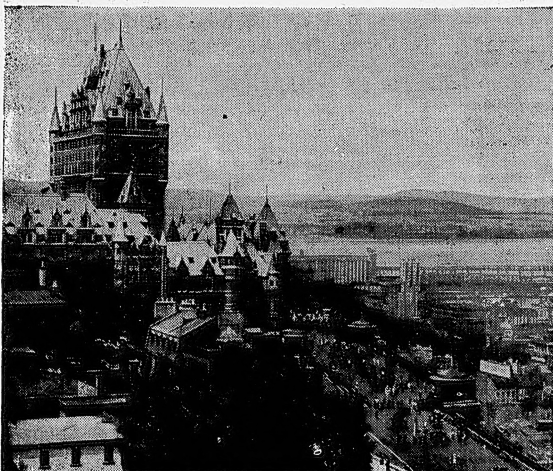
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Chateau Frontenac Again World War Center



Within the massive walls of the Chateau Frontenac and nearby Quebec Citadel, plans were laid over a year ago for the events which this year resulted in the invasion of Europe and its subsequent sweeping Victory of France. Prime Minister Winston Churchill and President Franklin D. Roosevelt, along with their chiefs of staff both military and political, conferred with such success in Canada's oldest city that now they are meeting again, just a little over a year later. Today's plans have to do with final crushing of Nazi Europe, and the stepping-up of the next great task, elimination of the Japanese Empire as a world force. During these days, the eyes of the world, United Nations, our enemies, and hundreds of thousands of peoples in still-bondaged Occupied lands, are focussed on Canada and the figures which are shaping the world's destiny. It is a tribute to Canada and its people that this country has been chosen for a second conference, and the civilized world will await with patience and confidence the benefits that must surely accrue.



By DR. E. W. NEATBY, Director, Live Eleventh Farm Service, Winnipeg, Manitoba

W. D. Albright—A Tribute

Throughout Western Canada, W. D. Albright is known as the author of "Timely Hints from the Beaver Lodge Station." In the Peace River Block, he is known as a pioneer, a good farmer, superintendent of the experimental station, a wonderful host and a wise counselor. Few, if any, men in the Dominion Experimental Farms Branch have worked as hard as has Mr. Albright, and none has reaped a greater reward. The Beaver Lodge Station has grown out of Mr. Albright's homestead and its influence is apparent throughout "The Peace." His interest in the discoveries of agricultural science has never flagged and he has devoted his life transforming these discoveries into more successful farm production and more attractive farm homes. Few men become great, because greatness can only be born from the union of talents and hard work. Mr. Albright has not "buried his talent." Farmers and professional agriculturists alike owe him a great debt.

As a result of hard work—perhaps too hard—Mr. Albright is obliged to rest for a period of three months. I, and his many other admiring readers, will readily forego the pleasure of reading "Timely Hints" for a time, provided we can look forward to an early reappearance. We all gladly join in wishing him many more years of good health and of service to Canadian agriculture.

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Research In Canada

SCIENTIFIC RESEARCH HAS BEEN the means of opening many new possibilities to men; and has had far reaching effects upon the course of history. Its importance is accentuated in modern warfare, when scientists are called upon not only to create new materials, but also to devise methods of dealing with the destructive forces of the enemy. While its role in wartime is often dramatic, the peacetime value of research is equally vital, and its contributions to civilian life are in many cases of greater and more lasting value. In recent years there have been interesting and important developments in the field of science, and the greater part of these are eventually adapted to serve for the good of all mankind.

Valuable Work Is Done Here

Most enlightened countries have, for many years, recognized the importance of research to general progress, and have encouraged their scientists to work in the interests of national development. Canada has organized this work through the National Research Council, with headquarters at Ottawa, and much valuable research has been done by that body on scientific problems of particular importance here. Canada is as yet a young nation, and the potentialities of her industries are still very great. There are undoubtedly many possibilities for the development of further uses of farm crops, and of the waste products from farms and industries, and it would be to the public interest to see that every encouragement is given to work of this kind.

Figures Show Small Outlay

At a recent meeting of the Canadian Institute of Public Relations, R. W. Boyle, chief of the Physics Division of the National Research Council, told members of the Institute that Canada spends considerably less than Russia, Great Britain or the United States, on scientific research. Giving the per capita figures of the expenditures for these purposes in the countries mentioned, Mr. Boyle stated that in Russia the outlay is about \$24.00; in the United States \$1.80; in Britain 80 cents, while in Canada only 29 cents per capita per year is devoted to this purpose. Canadian universities provide facilities for excellent scientific training, and there is no lack of well-qualified research workers in the Dominion. It is apparent that we are far behind in the provision which we make for this important work, and an improvement along these lines could well be included in our plans for post-war development.

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Resourceful Scientist

Made Supply Of Radium Possible During Siege Of Leningrad
During the blockade of Leningrad there was a shortage of life-saving radium for the front, according to the Soviet Information Service.
A building in which radium had been used for 20 years was thoroughly scraped, the plaster removed from the walls and ceilings and a considerable supply of radium extracted from the waste. The scientist responsible was awarded the Order of Red Banner of Labor.

HEMORRHOIDS

2 Special Remedies by the Makers of Mecca Ointment
Mecca Film Remedy No. 1 is for Prolapsed Hemorrhoids, and is sold in Tubes, with applicator. Price 75c. Mecca Film Remedy No. 2 is for External Hemorrhoids. Sold in Jar, and is for external use only. Price 50c. Order by number from your Druggist.

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Work Recognized

Time Magazine Gives Space To Praise Of Canadian 1st Army
The 1st Canadian army drew 5 1/2 columns of praise in a recent edition of Time magazine and the commander, Lt.-Gen. Crerar, entered the niche Time reserves for the select few when a steel-helmeted head-and-shoulders picture of him appeared on the front page.
Time told of the Canadians' return to Dieppe, scene of the bloody Aug. 19, 1942, raid, the mopping-up of the 1942 bomb coast of France and of the Canadian victories at Caen and Falaise "where, in General Eisenhower's words, "every piece of dust represented diamonds and every foot of ground was worth 10 miles elsewhere."

CO-OPERATION NEEDED

Anthony Eden, British Foreign Secretary, said something at a luncheon honoring Rene Massigou, French Commissioner for Foreign Affairs, recently, that should be kept before every Canadian: "It's not too much to say that the fate of Europe depends in a large measure on how far you and we can work together. We need vision to see, faith to act and courage to persevere."

The British minister of health has a "white list" on which are recorded the towns which have no alum areas. There are 33 towns on the list at present.

The smallest owl is the elf, six inches long; the largest, the horned owl two feet long. 2587

Not Wanted Here

Canadian Troops In Italy Know What Inflation Will Do

"See Naples and die" is an old saying. Although hundreds of Allied soldiers have seen Naples and are very much alive, a lot of them thought that they would pass out at the prices they had to pay for ordinary commodities.

The glare of Italy's sun is very hard on western eyes, yet soldiers were charged \$6.50 to \$9.00 for sun glasses that would cost a few cents at home. Two soldiers who were doing the town one day had to pay the following prices: two eggs 70 cents; bread 10 cents a slice; beef one dollar a portion; potatoes 30 cents; spaghetti 60 cents and so on. One man had a snack consisting of two eggs, chips, bread and red wine which cost him \$1.70 and to add insult to injury, the soldier from Texas swore that his beef was "plain army mule."

Before the Nazis left, able bodied men were afraid to appear on the streets for fear of being deported to slave labour in Germany. Without any earnings their families had to live on meagre rations, and high prices put most foods quite out of their reach.

Price control is a sort of fence around the everyday business of buying and selling goods. As long as the fence holds strong, prices remain stable, a dollar buys a dollar's worth of tomatoes, street car tickets, telephone calls, stockings. But let one link of the fence be broken and through the resulting hole stability could escape. Prices would skyrocket. Right here in Canada this could happen. So make it one of your personal war assignments to see that this doesn't happen. Keep an eye on prices in your community—watch your own spending—saving too... that's what you're responsible for... your own community.—By Edna Jacques.

Demand For Salt

Production In Canada Reached New High Record Last Year

Recent figures from the Dominion Bureau of Statistics show that the production of sodium chloride or common salt in Canada reached a record high during 1943 in both quality and value of output. Six hundred and eighty-seven thousand, six hundred and eighty-six short tons were produced, valued at \$4,379,378.

The market for salt in the Dominion is steadily increasing. Domestic production is sold primarily to the dairy, meat curing and canning industries; fisheries; chemical industries; as table salt and to highway and transport departments for use as soil stabilizers.

The use of salt in soil stabilization for the foundation of highways and for a surface veneer for gravel roads has shown a marked increase in recent years. It has been used extensively also in the soil-stabilized bases for runways at Canadian airfields. Sand, piled each fall along main highways, remains loose and free-flowing; even in the coldest weather when mixed with salt, thus allowing easy distribution on icy roadways.

The fellow who boasts he runs things in his house probably means the lawn mower, washing machine, vacuum cleaner, baby carriage and errands.

THE NEW Tintex

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For Sprains and Bruises
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SLOAN'S LINIMENT

Price Control And Rationing Information

Q—My home is under construction but as yet I have not obtained the hot air furnace for it. What procedure should I take to purchase one?

A—Certificates of essentiality for hot air furnaces will be available to owners of new homes having a permit from the controller of construction and providing the home is under construction. These essentially certificates may be obtained at the nearest local or regional office of the Wartime Prices and Trade Board office.

Q—I have just moved into a house which has never been rented before. Although I agreed to pay my landlord the rent he asked, I understand that within a month from the date I moved in he must have the rent approved by the Wartime Prices and Trade Board. How will I know that the rent I am being charged has been approved by the Prices Board?

A—The rental office of the Prices Board will send you a copy of the decision it has made regarding the rent you are being charged. It is called a maximum rental decision, and it will show the rent that has been approved for your accommodation.

Q—I understand I can get a voucher for buying linen by mail. What is the procedure?

A—Go to your local ration board, take your ration book with you, and depending on the amount of money you want to buy, you will be issued a purchase voucher in exchange for the right number of stamps. Each purchase voucher is worth eight pounds of money, which means four preserves coupons will be needed for each purchase voucher.

Q—Are permits for small arms ammunition still available?

A—Yes, and will be until September 30.

Please send your questions or your request for the pamphlet "Consumers' News" or the Blue Book (The book in which you keep track of your ceiling prices) mentioning the name of this paper to the nearest Wartime Prices and Trade Board office in your province.

Here a CWAC There a CWAC

ITALY.—There is never a dull moment in the life of the CWACs stationed with the Canadian Army Show in Italy. Every day brings a horde of new and rich experiences. One of the saddest experiences of one group of girls was a brief engagement with an Army laundry unit, from which they sided retired in utter confusion. The laundry boys, eager to please, volunteered to look after the unfamiliar items of CWAC tropical dress. The uniforms were returned fresh and clean. The girls were waiting to make an appearance in them, but when they went in to change, they found that the efforts of the laundry had shrunk their garments to a point where the skirts and slacks would not cover the areas prescribed under C.W.A.C. dress regulations.

Time is usually precious, but not always as energetic as Pte. Sue Lemky's clock would seem to indicate. Of course, Pte. Lemky, whose home is at Edenbridge, Sask., has really a very special kind of clock, and not the least amazing thing about it is that it suits her Army job perfectly. Pte. Sue is employed at Prince Albert, Sask. On the face of the clock is pictured the figure of a young girl and kneeling before her is a little boot black. With every tick of the clock, the boot black gives the girl's shoes a brush. Pte. Lemky finds that her clock serves as a reminder to her own duties. She has been a member of the C.W.A.C. for more than a year.

EMBARRASSING MOMENTS

The recent order that members of the C.W.A.C. may wear civilian clothing while on 48-hour passes, has resulted in many confusing and embarrassing moments for the girls. At a formal reception in Vancouver, B.C., recently, Lt.-Cpl. Berna Paynter of Victoria was highly embarrassed to find herself entering a room filled with guests and snatching off a veiled and beflowered chapeau in lieu of her usual khaki cap. Regimental habit, usual khaki cap, a dignified male officer to be left standing on the street in bewilderment as a fashionably dressed young woman passed by and whipped up, a smart salute.

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Kellogg's cereals have an important place in Canada's kitchens—now, more than ever. Appetizing anytime—for breakfast, lunch, between meal snacks. Add flavour to 'leftover' dishes, too!

AUCTION—100 HEREFORDS

Manitoba Hereford Breeders' Association Sale of 100 Registered Polled and Horned Herefords at Auction, October 17th, Provincial Exhibition Fair Grounds, Brandon, Manitoba. For catalogue write J. R. BELL, Live Stock Commissioner, Legislative Buildings, Winnipeg, Manitoba.

Made In Canada

Ottawa Workshop Provides Photographic Lenses For R.A.F.

Some of the photographic lenses used in sweeps by the Royal Air Force originate in the workshop of the National Research Council, Ottawa.

Lenses up to six inches in diameter, suitable for taking pictures from heights of 20,000 to 30,000 feet, are manufactured in the laboratory. The amount of work that goes into one of these is unbelievable. A lens arrives at the laboratory as a number of blank pieces of optical glass. It leaves as a lens accurate to within one one-hundred-thousandth part of an inch. Between the raw state and the finished product there's grinding, polishing and calibrating work of amazing precision.

Curves must be perfect to within a millionth of an inch, since any departure from a true sphere would cause blurring of the picture taken from heights at which reconnaissance planes usually fly.

For Surgical Sutures

Manufacturer Says Kangaroo Tendons Have Slow Absorption Rate

When you had your last operation, the incision may have been sown up with the tendon of a kangaroo. Kangaroo tendons were useful as surgical sutures because they had a slow absorption rate, said W. M. Thomas, western representative of Davis & Geck, manufacturers of surgical sutures.

"Other materials used to sew up wounds are silver wire, silk, linen, cotton, gut and nylon," said Mr. Thomas. Sun glass was thought of for the purpose, but it proved unsatisfactory.

The war has seen a tremendous advance in surgery and the use of sutures, continued Mr. Thomas, whose home is in Alameda, California, and who is travelling through Canada on a business trip. Unlike other industries, that of producing sutures has not suffered from a shortage of materials. "We have a high priority rating, and can get what materials we need," said Mr. Thomas. "It has not been too difficult for us to meet the demand."

A 15th century prayer book, "The Hours of the Virgin," was auctioned in London for \$550.

LOOK FOR THE DOTTED BAG... FOR MORE EGG PROFITS!

OGILVIE MIRACLE LAYING MASH

FEED SCIENTIFICALLY with MIRACLE

More egg profits because Miracle Laying Mash is tested by feed scientists to give your laying hens the balanced food value to produce more and better eggs.

IT'S OGILVIE — IT'S GOOD

Quality Guaranteed

"SALADA" TEA

OUR COMPLETE SHORT STORY—

AIDE TO CUPID

By MABEL G. SHELTON

McClure Newspaper Syndicate

"Granny, will you do me a favor?" Beth Thomas looked appealingly at her grandmother, her blue eyes anxious.

Granny Bevins snorted. "And when did I ever refuse you one? But remember, I've got to get to that candlelight service at the church by six. Is it something I can do before then?"

"Yes. It's—well, you see, Harvey Rudy is coming tonight, and I asked him for supper. If you'd just get things ready before you go—"

Granny snorted again. "And you can't boil water without scorching the pan! Serve you right, missy. I've warned you about learning to cook."

"Oh, I will, Granny. Every girl learns when she gets engaged. But won't you help me out this time?"

Granny didn't like the sound of that "engaged," but she promised to cook the meal.

"You darling!" Beth kissed her wrinkled cheek. "Just leave everything ready for me to warm up at the last minute. I've got to run now."

Granny thought about Harvey Rudy while she peeled the potatoes. She never had liked the thought of Beth's marrying him. Not that she could put her finger on anything especially wrong with the boy, but he just wasn't good enough for her lovely, golden-haired Beth. Of course he was a teller in the First National; but that didn't mean he was a go-getter. Probably never would be anything higher than a teller.

"Expecting my girl to slave for him," she grumbled. And here she was working her fingers to the bone, helping Beth to snare him.

Then an idea came to her. She thought it over and decided it was pretty clever. "Wants to taste one of her meals, does he? Well, he'll never want to taste another one as this. And I won't be breaking my word, either. I said I'd cook supper."

"MY HAT'S OFF TO YOUR BREAD"



"MY HAT'S OFF TO ROYAL YEAST!"

Brings you compliments on sweet, tasty bread

ALWAYS DEPENDABLE WRAPPED AIRTIGHT TO ENSURE POTENCY

and cook it I will. I didn't say how I'd cook it."

It was a shame to do to perfectly good food what she did to that meal. The things that should have had sugar got salt, and vice versa. She put so much saleratus in the biscuits that they developed rusty spots when baked. She boiled the fresh green peas for a few minutes with baking soda. They came out a brilliant green, but hard as marbles. And she made the cream sauce lumpy.

But Granny was a thrifty soul and a good cook, and to spoil and waste like this hurt her conscience. "It's for the good of my girl," she kept telling herself. "She's not going to throw herself away if I can help it."

Finally the meal was ready. It looked delicious, but she knew how horrible everything would taste. "No man in his right mind would marry a girl who cooked like that," she quavered. That last bite of fruit salad flavored with salt instead of sugar had almost paralyzed her vocal chords.

She hurriedly changed her dress and set out for the church. The candlelight service had begun before she arrived.

"Here!" Somebody thrust a candle and a slip of paper into her hands. "You'll be the last one. You just go to the front, read what's on this paper and light your candle from the big one."

Granny sank back in her seat with a sigh. Beth would just about be warming up the vegetables. What a meal—dry, stringy pork, cake without any baking powder! Oh, it was a proper meal!

She dozed through the service. Then someone nudged her and said it was time to light her candle. She went to the front of the room in a daze and opened her paper.

The lights were dim and she strained her eyes to see. "It will be faithful," she read falteringly, "and kind, and true. And hold ever before the prospect of Right. I am known for my loving mercy and kind deeds—" she broke off and glared at the congregation. "Cat's hind foot," she said loudly. "I can't read this thing. It wouldn't be right."

A murmur followed her as she stepped down the aisle. The ladies had grown used to Granny's eccentricities, but they still regretted them. She did not stop until she reached home, and all the way she kept repeating, "Faithful, true, kind deeds, loving mercy." There was no one to be at the dining table with her. It was littered with that awful meal.

"Beth," she called, "are you here?" Beth came flying down the stairs, her face glowing. "Oh, Granny, you've come. Harvey had to go, but—look!" She held up her left hand and bologna. Her eyes fairly popped.

"We're engaged. And Harvey's been promoted to cashier. Isn't it thrilling?"

Granny tried twice before she could speak. "Did he like the supper?"

Beth looked worried. "No, not exactly. Granny, I must be the world's worst cook. I spoiled all that lovely food somehow. You must begin right away to teach me to cook."

"But Harvey asked you to marry him, anyway."

Both giggled. "Yes, and he was real sweet about the supper. He admitted it wasn't very good. But he said if it had been too good he'd have thought you cooked it. Isn't that rich?"

Granny was busy baking food into the garbage pail. "Rich is no word for it," she muttered.

REQUIRES A WITNESS

Mark Twain said even the cleverest and most perfect circumstantial evidence is likely to be at fault after all, and therefore ought to be received with great caution. Take the case of any pencil sharpened by any woman; if you have witnesses, you will find she did it with a knife, but if you take simply the aspect of the pencil, you will say she did it with her teeth.

Romania has more than 9,500 square miles of bee forests, comprising about one-twelfth of the total area of the country.

The biggest crabs on earth—spider crabs, creatures with a 10-foot leg spread—are found in Japan.

SCHOOL LUNCHES

Nutritious, Attractive Noon Meal Necessary For The Younger Generation

By Laura C. Pepper, Chief, Consumer Section, Dominion Dept. of Agriculture

Satchel over shoulder and lunch pail in hand, sun-tanned and healthy after the long summer vacation, the younger generation has answered the call of the school bell.

Will Bill and Janie enjoy the same buoyant health next March that they have now; or will the roses fade from their cheeks and listlessness replace September's joyous vitality? Lift the lid of the lunch pail and look inside, for there lies a clue to the answer.

Educational and health authorities fully realize the importance of the school lunch. They know only too well that the kind of lunch a child eats throughout the school year has a definite bearing on the marks on his report card, his attendance record and his capacity to learn.

The Nutrition Division, Ottawa, stresses the importance of including three types of food in every lunch box: milk, a fruit or vegetable and a building food like meat, eggs, cheese, fish or beans.

Easy to carry and popular with the children, sandwiches are generally the mainstay of the carried lunch and their filling may supply either the 'building food' or the vegetable 'must.' It isn't difficult to keep sandwiches interesting, even as daily fare.

Such simple devices as changing the shape, from squares to triangles or fingers, or combining a slice of white with a slice of brown bread in the same sandwich can be surprisingly effective. But sandwiches must taste as well as look interesting, and this depends on the filling. . . . be sure to spread it generously.

Mothers will like these suggestions for fillings from the Consumer Section of the Dominion Department of Agriculture because they are quickly and easily prepared. The children will like them too, for they definitely appeal to the taste of the youngsters.

Sandwich Fillings
(Add salt, pepper and salad dressing to these fillings where needed for flavor or to moisten.)

Chopped egg—Hard-cook or scramble the egg and combine with any of these—chili sauce, diced celery, grated onion, shredded raw spinach, chopped parsley, grated carrot.

Mixed left-over cooked meat—Add one or more of the following: grated onion, chopped celery or parsley, chili sauce, sweet or mustard.

Cooked, minced liver—Especially good with grated raw carrot or with chopped celery. Sometimes, 'add a little relish or chili sauce.

Cheese—Sliced plain or with thin slices of Spanish type onions. Pack a few carrot or celery sticks to eat with this sandwich.

Grated cheese—Good with marmalade, chopped mustard pickle. **Cottage cheese**—Ring the changes with any one of the following: shredded lettuce, chopped spinach, onion, chili sauce, chopped pickle, jam, marmalade or jelly.

Sardines—Chopped parsley, pickles or chili sauce. **Chopped raw vegetables**—Use one kind or several. Add grated cheese and salad dressing. **Chopped cabbage**—Good with grated raw carrot or turnip. Extra good when a few raisins are added. **Peanut butter**—This favourite filling is appealing again. Lettuce and marmalade are both good additions. **Baked beans**—Mash and maybe add a little ketchup.

Bologna Sandwich Filling— $\frac{1}{4}$ lb. bologna or wieners, 2 tablespoons chopped pickles, $\frac{1}{2}$ teaspoon vinegar from pickles, $\frac{1}{4}$ cup mayonnaise, $\frac{1}{2}$ teaspoon minced onion, $\frac{1}{4}$ teaspoon spicy meat sauce, $\frac{1}{4}$ cup ground raw carrot, 2 tablespoons chopped celery. Grind bologna and other ingredients and mix well. Makes $\frac{1}{2}$ cups filling.

CLEVER HORSE

A 33-year-old horse who got skittish several minutes before flying bombs approached was champion "spotter" of a southern England town. During the blitz days claims his driver, the horse could tell the difference between British and German planes.

In walking a mile, a man takes about 2,263 steps.

MUFFINS CAN HELP KEEP YOU REGULAR

Yes—by eating several delicious KELLOGG'S ALL-BRAN muffins every day, and drinking plenty of water, you can help prevent constipation due to lack of "bulk" in your diet!

KELLOGG'S ALL-BRAN MUFFINS
2 tablespoons shortening, 4 cups sifted flour, $\frac{1}{4}$ cup sugar, 2 eggs, 1 cup Kellogg's All-Brans.

Blend shortening and sugar thoroughly, add egg and beat until fluffy. Add flour and mix. Let soak until most of moisture is taken up. Sift flour with salt and baking powder; add to first mixture and stir only until flour disappears. Fill greased muffin pans $\frac{3}{4}$ full and bake moderately hot (400° F.) about 30 minutes. Yield: 8 large muffins.

ALL-BRAN is made by Kellogg's in London, Canada. Your grocer has it, in 2 convenient sizes.

Greatest Pilot



Named as "probably the greatest bomber pilot of any air force in the world," Wing Cmdr. Geoffrey L. Cheshire, above, of the British Royal Air Force, has been awarded the Victoria Cross, Britain's highest award for gallantry. Cmdr. Cheshire, who is 27, also holds the Distinguished Service Order with two bars (equivalent to winning it three times) and the Distinguished Flying Cross.

Eerie Type Of Warfare

Selne Area Was Very Quiet After Fighting In Normandy

The comparatively quiet push across the Selne was an eerie type of warfare after the days in Normandy when the guns were going all the time and week after week you drove the same roads, saw the same places and got to know by sight practically all the civilians in the district.

If you got off the main roads in the Selne area you could sometimes drive a mile or two hardly seeing any sign of life. The jeep motor and the friction of its tires on the asphalt road were often the only sounds.

Dozens of roads criss-crossed the Canadian area winding through silent forests and though all the useful ones had been checked for mines and patrolled for enemy, some remained untouched and you could drive along without seeing any evidence of the war.

Sometimes on these roads, a dispatch rider taking a short cut or a lone jeep would be shot at by a German straggler hiding. Even a few German tank crews were cut off in these out-of-the-way places.

On other deserted lanes concealed by woods you found the wreckage of German vehicles sought out in their dead hiding places and surreptitious routes to the Seine by Typhoon pilots who must have been hawk-eyed to find them.

This Week's Pattern



You'll look and feel your prettiest and most efficient in this trim frock with pinna ruffles. Pattern 4569. With sleeves or sleeveless.

Pattern 4569 comes in misses' and women's sizes: 14, 16, 18, 20; 32, 34, 36, 38, 40, 42. Size 16 takes 3½ yards 35-inch fabric. (Stamps cannot be accepted) for this pattern. Write plainly Size, Name, Address and Style Number and send order to the Anne Adams Pattern Dept., Winnipeg Newspaper Union, 175 McDermott Ave. E., Winnipeg, Man. "Because of the slowness of the mails delivery of our patterns may take a few days longer than usual."

SOMETHING TO HEAR

"Winston Churchill has made many great speeches in his day, but one we're waiting to hear is the P.M.'s speech at the peace table, when he delivers robot-bombed England's answer to the Huns squall for easy terms," comments the Windsor Star. Methinks the Boche squall will lie in the squealers' throats as soon as Mr. Churchill clears his.

The ancient Egyptians, Greeks and Romans raised onions. 2587

FOR A BETTER DAY AT SCHOOL OR PLAY

SERVE THIS TASTY ENERGY BREAKFAST

Growing youngsters especially need the food energy and food values that Nabisco Shredded Wheat helps to supply. So plan breakfast around this high-energy 100% whole wheat cereal. It's a daily ready-to-eat—ready-to-help give you the energy-building proteins and carbohydrates you need. Serve it regularly.

THE CANADIAN SHREDED WHEAT COMPANY, LTD.
Niagara Falls, Canada

INVEST IN VICTORY — BUY MORE VICTORY BONDS

Have High Priority

Medical Services For People Of British Colonies Are Assured

Behind the Allied armies in the Pacific islands come the British doctors. They begin at once to take up again the threads of the medical services, broken at the time of the Japanese occupation. Even in wartime, Britain puts a high priority on medical services for the peoples of the British Colonial dependencies.

In the war against tropical disease much of the pioneer research was done by British scientists; and research still continues unrelentingly. The results are being applied increasingly to the improvement of the health of the Colonial peoples. As they are won over from prejudice or superstition to confidence in the technique of Western medicine, the supply of medical staff becomes of major importance. Personnel is increasingly recruited from among the Colonial peoples themselves, to work in co-operation with British medical experts. The outstanding problem is the provision of the necessary vocational training.

The Central Medical School in Suva, Fiji, provides training for students from the British territories in the Southwest Pacific. There is also a central Nursing School at Suva open to native student nurses from all the islands.

The Ceylon Medical College is already training Ceylonese students to the same professional standard as that of doctors in Great Britain. Graduates of the Singapore Medical College and the University of Hong Kong were qualified to practice anywhere in the British Empire as their degrees were recognized by the British General Medical Council. There are central medical schools serving British West and East Africa; they are not yet able to train to the standard of fully qualified doctors, but that is the ultimate goal.

Dream Is Shattered

Only Last Year Hitler Planned To Make Germany Invincible

Fully a year ago Adolf Hitler laid his plans to make every German city a Stalingrad, according to a German correspondent considered one of the best informed of those who remained behind when the Allies took Rome.

Last summer, he said, Hitler called all the most important Gauleiters of Europe to his headquarters and told them that Germany would not be able indefinitely to hold off immensely superior forces that were being massed against her and it was inevitable that in time her armies would be driven back to home territory. However, that need not mean defeat, he continued, if plans were laid and every German did his duty.

Every German city, one by one, must be defended as Stalingrad was, he said. If that were done, it would give Germany such moral strength, such pride in her heroism and such a great place in history that for 100 years no foreign power would dare to treat her as anything but equal. The youth of Germany would be so inspired and the United Nations would pay so high a price for conquest that the rebirth of Nazism and "Greater Germany" would be facilitated.—New York Times.

MAKING FOOTWEAR

Cyprus is to make all its own socks and stockings. They will be made in two grades. Monthly production of the cheaper quality is already 10,000 pairs and is expected to rise to 15,000 pairs.

Caves and subterranean dwellings provide homes for more than 100,000 persons throughout northern Africa.

Necessary As Food

Potatoes Contain Supply Of Vitamin C And Also Iron

According to the Nutrition Division, Ottawa, one medium baked potato has no more calories than a really large orange. This should be good news for people who worry about extra pounds.

Canada's Food Rules state that one serving of potatoes is a daily "must." About one-third of Canada's supply of Vitamin C comes from potatoes which are also a good source of iron.

Potatoes are at their best now when they are newly harvested and still contain their full quota of minerals and vitamins. Later, as a result of storage, some of these elements will be lost.

Leaving the jackets on potatoes when boiling or steaming saves both time and food value. The potatoes may be peeled just before serving but many families prefer to eat them skins and all. This is all to the good and is heartily endorsed by nutritionists.

Three-Year Period

Allied Officials Taking Posts In Germany Have To Remain

Officials being considered for posts in the British section of the Allied commission to administer Germany after the war are being informed they must agree to stay at least three years.

Under the plan Berlin would be the seat of the commission, representing Britain, the United States and the Soviet Union. Each country would have a controlling sphere—the Russians the eastern section, Britain the northwest and the United States the southwest.

The Nazi gauleiters—local dictators will go, and the Allies are expected to maintain close supervision over schools. It is possible that British teachers may be installed in some institutions.

MISERIES OF Baby's Cold Relieved As He Sleeps

Now . . . here's reliable home-proved medicine that works 2 ways to ease a baby's cold. Just rub with Vicks VapoRub at bedtime. Instantly VapoRub starts to relieve coughing spasms, ease muscular soreness or tightness, and invite restful, comforting sleep. Often by morning, most of the misery is gone. For baby's sake, try VapoRub tonight. When colds strike, most mothers use Vicks VapoRub.

THROAT SORE?

For common ordinary sore throat. JUST RUB ON MINARD'S LINIMENT

35¢

AUCTION SALE

Four miles West of Chinook, on Sec. 36-28-8
West of 4th

R. Witt
Chinook, Alberta

Wednesday, Oct. 4th

Having sold my farm I will sell by public auction
Stock, Farm Machinery
and Household Effects

FOR SALE

ONE and One HALF Sections of land 10 miles south of Chinook. Watering dam, outside Buildings
Apply to
Mrs. Alice Davis

BANKS SELL THEM

Buy WAR SAVINGS STAMPS

FROM

BANKS • POST OFFICES
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GROCERS • TOBACCONISTS
BOOK STORES and other RETAIL STORES

ACT NOW!

AWARD TO BE MADE SOON.

YOU CAN OWN THIS \$9500 Home

FOR ONE DOLLAR

ONE DOLLAR contribution CAN WIN

YES... One Dollar will win this beautiful home and furnishings... And every dollar you contribute adds to the fund to provide individual homes for our "Old Age pensioners" — A cause worthy of your generous support... NOW!

SECURE TICKETS

From:

C. Frederickson,
Manager
U. F. A. Co-op Store

Calgary
LION'S CLUB

• Five Lovely Rooms.
• Two Extra Basement Rooms.
• Beautifully Furnished.
• Pombroke Bath.

HEADQUARTERS—HAMMILL MOTORS BUILDING.

TIME BOMBS

Peace will bring the problems of reconverting women in industry—not to the drudgery of housework but to the art of homemaking.

It is not enough to state a need unless we point the answer.

We try to solve too many problems by putting our heads together when the real solution is to open our hearts.

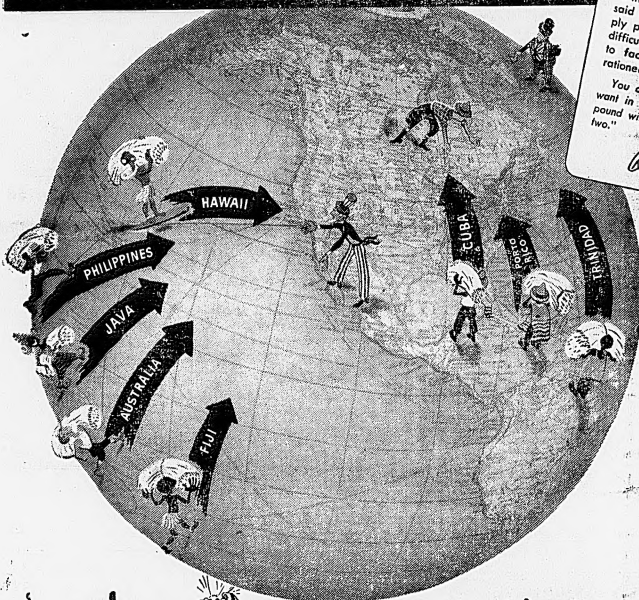
No one who makes his greatest contribution who works alone.

Some wives think their husbands ought to make more money — others think they ought to do better with the money their husbands make.

It is easier to criticise our country's leadership than to create it.

The cure for being "all in" is to go "all out."

ABOUT THE THINGS YOU BUY IN WARTIME



The sugar situation is NOT sweet

FOUR-FIFTHS OF THE SUGAR CANADA CONSUMES HAS TO BE IMPORTED

This map shows where Canada, Great Britain and the United States got their sugar in the good old days of peace. Our three countries take practically all the exportable sugar from these major sugar-exporting areas.

But supplies have either been cut off by enemy occupation of the country—as in the case of Java and the Philippines, or their production radically reduced by shortage of workers, as in the case of Hawaii, Porto Rico, Australia, Trinidad, Fiji.

ROLLING ON SUGAR

The war has brought some unusual demands on the United Nations' sugar pool. Vast quantities have been taken for making industrial alcohol used in the manufacture of synthetic rubber (tires, etc.) as well as T.N.T. and smokeless powder. For instance, the explosive to fill five 16-inch shells requires as much sugar as

Even the production of beet sugar in Canada and the United States has been drastically cut by labour shortage. In both countries the '43 sugar beet crop was forty per cent less than in '41. The only country to show an important increase is Cuba, where output had for years been deliberately restricted. But its increase has not been sufficient to offset the losses elsewhere—let alone meet the increased demand.



DO WE NEED MORE SUGAR?

A century ago the whole world didn't consume as much sugar as Canada does today. Our sweet tooth has been acquired in quite recent times. Sugar rates high for its energy value, but starchy food is a good substitute.

THE SUPPLY IS SHARED

All sugar supplies are pooled and under the control of the Combined Food Board of the United Nations, which allots supplies to Canada, United States and Great Britain on a uniform basis.



WE'RE LIVING ON OUR SUGAR CAPITAL

At the time of "Pearl Harbor" the United Nations had a reserve stockpile of about 3 million tons, but for the last 3 years we've been using more than has been produced—and dipping heavily

into "reserve." Liberated nations will have to dip in too. Extra good crops could improve the situation, but greatly increased supplies are not in sight. If current consumption keeps up, we could be very short of sugar next year. We must do the utmost to conserve our supply.

RAPELIONING WAS STARTED BECAUSE OF SHORTAGE OF SHIPS. IT MUST BE CONTINUED BECAUSE WORLD STOCKS ARE DEFICIENT
THIS IS ONE OF A SERIES OF ANNOUNCEMENTS GIVING THE FACTS ABOUT THE SUPPLY SITUATION OF VARIOUS WIDELY USED COMMODITIES

THE WARTIME PRICES AND TRADE BOARD

CHINOOK THEATRE

SULLIVANS TRAVELS

With **JOEL McCREA**
VERONICA LAKE

The picture that has every thing and Veronica too.

Shorts: Cartoon

Tuesday, Oct. 3rd 8.30

NEXT WINTER'S FUEL—

There may be a shortage at the time you usually order your coal. You are urged to obtain your supply now.



The Alberta Pacific Grain Co. (1943) Ltd.

WELCOME ALL VISITORS

OLD and NEW to

THE RIGHT PLACE TO EAT
MAH BROS. CAFE

We buy the Best... to Serve the Best
— **SPECIAL MID NIGHT LUNCH** —
Tobacco, Confectionary, Ice Cream
and Soft Drinks